THE ANATOMY OF A `ggplot2`-PLOT

panel.border
= element.rect
(fill=NA, color=...,
size=...)

+ facet_...

strip.background

strip.text

legend.background

legend.title

gender

Female
Male
NA

legend.text

legend.position
= ...

Remove legend:
legend.position
= 'none'

Female

Male

NA

panel.grid.major.x

panel.grid.minor.x

panel.grid.major.y

panel.grid.minor.y

+coord_...

axis.title.y

count

Change font for whole plot:
text = element.text(size=..., family=..., ...)

font family

Remove elements in theme:
set element to element_blank

Colors:
+ scale_fill_manual(values=c(...))   for box, bar, violin plot, etc.
+ scale_color_manual(values=c(...))   for lines and points

Inside yellow box:
panel.background

axis.ticks

Outside yellow box:
plot.background

For y-axis to start at 0:
+ scale_y_continuous(expand=c(0,0))

year

axis.title.x

axis.text.x